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**RECORDS SA-Long Course**
**LC Meters-Women**

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|------------------|----------|------------------|----------|---|
| 50 Free          | 24.64    | <b>24-Jul-21</b> | RSA      | Emma A. Chelius at 2021 Tokyo Olympic Games                       |
| 100 Free         | 54.23    | <b>9-Apr-18</b>  | RSA      | Erin P. Gallagher at - Commonwealth Games Gold Coast              |
| 200 Free         | 1:56.64  | <b>14-Apr-26</b> | WCA- CPT | Aimee Canny at BombelaSA National Aquatic SNR-Champ 2026-PE       |
| 400 Free         | 4:07.92  | <b>31-Jan-14</b> | RSA      | KARIN PRINSLOO at 2014 BHP Billiton Aquatic Super Series          |
| 800 Free         | 8:25.71  | <b>14-Jun-12</b> | VINE- WP | WENDY A. TROTT at 49Th International Swimming-Sette Colli-Roma    |
| 1500 Free        | 16:05.63 | <b>24-Jul-11</b> | RSA      | WENDY A. TROTT at 14th Fina World Championships 2011              |
| 50 Back          | 27.67    | <b>18-Mar-26</b> | CA- EKU  | Jessica L. Thompson at Sa National Youth Champs 2026 NMBA         |
| 100 Back         | 1:00.78  | <b>14-Jun-14</b> | TUKS- NT | KARIN PRINSLOO at 2014 Mare Nostrum Barcelona                     |
| 200 Back         | 2:10.03  | <b>1-Apr-08</b>  | RSA      | Melissa J. Corfe at Telkom SA National Aquatic Championships 2008 |
| 50 Breast        | 29.72    | <b>6-Apr-22</b>  | AGC- TS  | Lara Van Niekerk at SA National Aquatic SNR-JNR Champ 2022-PE     |
| 100 Breast       | 1:04.82  | <b>25-Jul-21</b> | RSA      | Tatjana R. Schoenmaker at 2021 Tokyo Olympic Games                |
| 200 Breast       | 2:18.95  | <b>30-Jul-21</b> | RSA      | Tatjana R. Schoenmaker at 2021 Tokyo Olympic Games                |
| 50 Fly           | 25.39    | <b>11-Aug-25</b> | RSA      | Erin Gallagher at World Aqua -Swimming Champs July 2-Singapore    |
| 100 Fly          | 57.36    | <b>14-Apr-26</b> | AGC- TSH | Erin Gallagher at BombelaSA National Aquatic SNR-Champ 2026-PE    |
| 200 Fly          | 2:09.41  | <b>12-Aug-08</b> | RSA      | Kathryn A. Meaklim at Olympic Games Beijing 2008                  |
| 200 IM           | 2:10.67  | <b>27-Jul-24</b> | RSA      | Rebecca A. Meder at 2024 Paris Olympic Games                      |
| 400 IM           | 4:37.11  | <b>10-Aug-08</b> | RSA      | Katthryn Meaklim-Olympic Games-Beijing                            |
| 200 Free Relay   | 1:45.66  | <b>10-Apr-14</b> | TUKS- NT | Sa Nationals-L Kemp,K Ross,A Peens,V Mohr                         |
| 400 Free Relay   | 3:43.35  | <b>21-Jul-19</b> | RSA      | World Champs-Gwangju-E Gallagher-T Lovemore-E Chelius-R Meder     |
| 800 Free Relay   | 8:01.56  | <b>28-Jul-14</b> | RSA      | 2014 Tokyo Olympic Games - A Canny-R Meder-D Coetzee-E Gallagher  |
| 400 Medley Relay | 4:03.62  | <b>6-Apr-08</b>  | RSA      | M Corfe-S Van Bilion-M lLoots-Lize-Marie Retief                   |

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**RECORDS SA-Long Course**
**LC Meters-Men**

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|------------------|----------|------------------|------|--|
| 50 Free          | 21.67    | <b>16-Aug-08</b> | RSA  | ROLAND M. SCHOEMAN at Olympic Games Beijing 2008                   |
| 100 Free         | 47.79    | <b>29-Jul-09</b> | RSA  | LYNDON FERNS at World Championships                                |
| 200 Free         | 1:45.20  | <b>8-Aug-16</b>  | RSA  | Chad G. Le Clos at 2016 Rio Olympic                                |
| 400 Free         | 3:45.92  | <b>6-Aug-16</b>  | RSA  | Myles Brown at 2016 Rio Olympic                                    |
| 800 Free         | 7:53.97  | <b>13-Apr-15</b> | KZN  | Myles Brown at-Sa National Champs 2015 Durban                      |
| 1500 Free        | 14:57.88 | <b>10-Dec-10</b> | MATI | Heerden Herman-WP Sasko Champs                                     |
| 50 Back          | 24.17    | <b>11-Aug-25</b> | RSA  | Pieter Coetzé at World Aqua -Swimming Champs July 2-Singapore      |
| 100 Back         | 51.85    | <b>11-Aug-25</b> | RSA  | Pieter Coetzé at World Aqua -Swimming Champs July 2-Singapore      |
| 200 Back         | 1:53.36  | <b>11-Aug-25</b> | RSA  | Pieter Coetzé at World Aqua -Swimming Champs July 2-Singapore      |
| 50 Breast        | 25.58    | <b>5-Apr-18</b>  | RSA  | Cameron Vd Burgh at XXI -Commonwealth games Gold Coast             |
| 100 Breast       | 58.46    | <b>29-Jul-12</b> | PSC  | CAMERON VD BURGH at London Olympics 2012                           |
| 200 Breast       | 2:09.61  | <b>30-Jul-09</b> | RSA  | Neil R. Versfeld at Fina World Championships                       |
| 50 Fly           | 22.90    | <b>26-Jul-09</b> | RSA  | ROLAND M. SCHOEMAN at World Championships                          |
| 100 Fly          | 50.56    | <b>8-Aug-15</b>  | RSA  | Chad G. Le Clos at Fina -World Champs-Kazan                        |
| 200 Fly          | 1:52.96  | <b>31-Jul-12</b> | RSA  | Chad G. Le Clos at London Olympics 2012                            |
| 200 IM           | 1:57.03  | <b>25-Apr-09</b> | RSA  | Darian R. Townsend- French Nationals                               |
| 400 IM           | 4:11.11  | <b>30-Jul-13</b> | RSA  | SEBASTIEN D. ROUSSEAU at US Open Swimming Championships            |
| 200 Free Relay   | 1:28.78  | <b>2-Apr-03</b>  | RSA  | RSA L Ferns, R Schoeman, J Zandberg, R Neethling                   |
| 400 Free Relay   | 3:11.93  | <b>26-Jul-09</b> | RSA  | RSA-G Moore-E Scheman-D Townsend-L fetns-World Champs Rome Italy   |
| 800 Free Relay   | 7:08.01  | <b>31-Jul-09</b> | RSA  | RSA-Roma Fian World Champs J Basson-D Townsend--S Rousseau-Jan Ven |
| 400 Medley Relay | 3:31.53  | <b>2-Aug-09</b>  | RSA  | RSA-G DuRand C vd Burgh-L Ferns-G Moore-13th Fina W/Champs-Rome    |

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**RECORDS SA-Long Course****LC Meters-Mixed**

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|------------------|---------|------------------|-----|--|
| 400 Free Relay   | 3:31.24 | <b>23-Aug-19</b> | RSA | Team RSA-African Games-MorpccoD ERASMUS-R COETZEE-E CHELIUS-E G/ |
| 400 Medley Relay | 3:49.90 | <b>20-Oct-16</b> | RSA | Team RSA-18th FINA World ChampC REID-T SCHOENMAKER-R COETZEE-E   |